

## Tao's Center Weekly Schedule - April to November

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
10:00 - 10:30	<b>Morning Zazen</b>	<b>Morning Zazen</b>	<b>Morning Zazen</b>	<b>Morning Zazen</b>	<b>Morning Zazen</b>	<b>Morning Zazen</b>	No guided activities. Tao's restaurant is open from 13:00	free
10:30 - 11:30	<b>Qi Gong</b>	<b>Qi Gong</b>	<b>Qi Gong</b>	<b>Qi Gong</b>	<b>Qi Gong</b>	<b>Qi Gong</b>		8 €
11:45 - 12:30	<b>Tao &amp; Zen Ring</b>	<b>Tao &amp; Zen Ring</b>	<b>Dance Meditation</b>	<b>Tao &amp; Zen Ring</b>	<b>Tao &amp; Zen Ring</b>	<b>Dance Meditation</b>		8 €
18:00 - 19:30	<b>Yoga</b>	<b>Yoga</b>	<b>Yoga</b>	<b>Yoga</b>	<b>Yoga</b>	<b>Yoga</b>		10 €

Tao's **Thai restaurant & Bar** is open daily from 10:00 until late night, with live music and happy people from around the world.



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